



CONSUMER INFORMATION

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Wild Rice - How It Grows, How To Cook It

Minnesota ranks first in wild rice production. Wild rice was the staple food of the Sioux and Chippewa Indians and is now considered a food delicacy. You can purchase it in pre-cooked and instant forms, as well as by itself or in combination with other rice.

HOW WILD RICE GROWS

Wild rice grows in shallow waters, usually those less than 3 feet deep. The seeds lie dormant on lake bottoms during the winter, germinate in the spring, and the resulting plants produce seeds that ripen during late August. The grains ripen at different times, and fall off the plants when they are mature. The grains ripen over a period of 10 days to 2 weeks.

WHERE WILD RICE GROWS

In Minnesota, wild rice is found in shallow lakes and rivers in public waters. The rice is under state regulations, and licenses are required for harvesting, buying, and processing it. Wild rice in public waters is always hand harvested by the canoe and flail method. Processing and cleaning usually are done with power equipment.

Paddy wild rice also is being grown commercially in constructed paddies. This wild rice is the same type that grows

naturally. It is mechanically seeded and harvested. Six to ten times the amount of wild rice can be harvested per acre from constructed paddies than from natural stands. Commercially grown wild rice is processed and cleaned the same way as that harvested from lakes and rivers. It is a comparatively new adventure, but the prospects for its continued success are excellent.

HOW WILD RICE IS PROCESSED

Commercial wild rice is machine processed. But the Indians prepared it as follows:

- * Scald green rice.
- * Place rice in a shallow pan (about a 2-inch layer).
- * Parch rice in an oven or on top of a stove at high heat until the soft kernels become hard.
- * Place rice in a burlap bag and pound it with a wooden paddle.
- * Pour out grains on a tarp so the chaff is blown away.

Three to four pounds of green wild rice yield 1 pound of ready-to-eat rice.

FOOD VALUE

One hundred grams (3½ ounces) of raw wild rice contain 353 calories.* Wild rice contributes protein, potassium, phosphorus, and the B vitamins to the diet, and is low in fat. It contains:

14.10 grams protein
.79 gram fat
75.00 grams carbohydrate
19.00 milligrams calcium
339.00 milligrams phosphorus
4.20 milligrams iron
7.00 milligrams sodium
220.00 milligrams potassium
.45 milligram thiamine
.63 milligram riboflavin
6.20 milligrams niacin

STORAGE

Store wild rice in a tightly covered container in a cool, dry place and it will keep indefinitely.

YIELD

1 cup of wild rice yields 3 cups of cooked rice.
1 pound of raw wild rice equals approximately 2 3/4 cups.



Harvesting wild rice by the canoe and flail method. The harvester holds the stalks over the canoe and strikes them until the rice falls off.

*"Composition of Foods," Agricultural Handbook No. 8, U.S. Department of Agriculture.



Heads of wild rice. The upper compact portion contains the female flowers, which produce the grain. The lower branched portion contains the male flowers, which produce pollen.

BASIC PREPARATION

Wash wild rice by running water through the rice in a wire strainer until the water runs clear. Cover 1 cup of wild rice with fresh water and soak it several hours or overnight. Heat 3 cups of water and 1 teaspoon of salt to boiling. Add 1 cup of rice, lower the temperature until the water simmers slowly, cover it, and cook the rice for 30-45 minutes or until the water is absorbed. Add butter to taste.

RECIPES

Mahnomen Casserole

1 cup raw wild rice	1/2 cup onion
1 pound ground beef	1/4 cup green pepper
1 cup celery	1 quart (or No. 2½ can)
Salt and pepper	tomatoes

Cook raw wild rice according to the basic preparation instructions above. Brown ground beef. Add minced onion and green pepper when the meat is crumbly and continue cooking until vegetables are tender. Cook celery in 1/2 cup water. Combine cooked wild rice, celery, tomatoes, and meat mixture. Bake in 350° F. oven about 30 minutes. Serves 6-8.

Wild Rice Muffins

1 cup cooked wild rice	1 cup milk
1/2 teaspoon salt	5 tablespoons melted
3 teaspoons baking powder	shortening
2 eggs	1½ cups flour
	2 teaspoons sugar

Beat cooked rice with milk, beaten eggs, and shortening. Sift dry ingredients together into batter; mix lightly. Bake in greased muffin tins at 400° F. for 25 minutes.

Wild Rice Supreme

1 cup raw wild rice	2 cups milk
1/2 teaspoon salt	1/4 cup buttered
3 cups boiling water	crumbs
1 pound seasoned sausage	8-ounce can mushrooms
meat	1/2 teaspoon Worcestershire
1/4 cup flour	sauce

Cook raw wild rice according to the basic preparation instructions above. Fry seasoned sausage meat 15 minutes and drain. Slice mushrooms and sauté them in butter 10 minutes or until tender. Add flour and stir until smooth. Gradually add milk, stirring constantly. Continue stirring until the sauce is thick and smooth. Add Worcestershire sauce. Combine rice, sausage, and mushroom sauce. Place mixture in a greased casserole. Top with buttered crumbs and bake at 375° F. for 30 minutes. Serves 8.

Wild Rice Stuffing

1 cup raw wild rice	4-ounce can mushrooms
3 cups chicken broth**	(or 1/3 pound fresh
1 cup diced celery	mushrooms)
1/4 cup instant minced	1/3 teaspoon salt
onion	1/4 teaspoon pepper
1/2 cup butter or margarine,	1/4 teaspoon sage
melted	1/4 teaspoon thyme

**You can make chicken broth by dissolving 3 chicken bouillon cubes in 3 cups of boiling water, or you can use canned broth.

Follow the basic preparation instructions above. Substitute boiling chicken broth for the water in preparing the rice. Sauté celery, onion, and mushrooms (if fresh) in butter for 2-3 minutes. Combine all ingredients. Makes about 6 cups, or enough dressing for a 10-pound turkey.

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